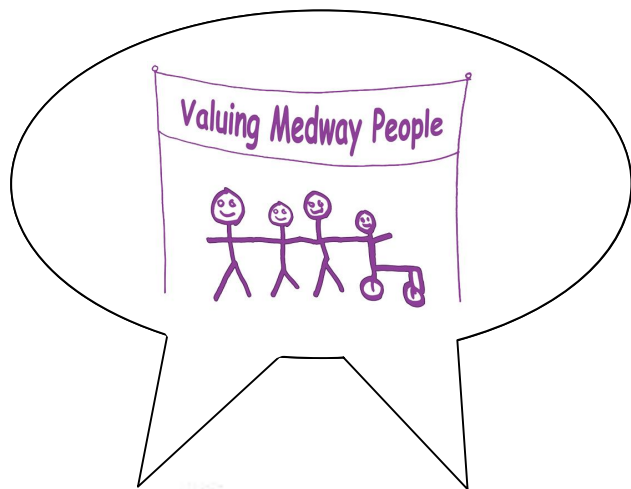


## Forum for adults with a learning disability



We had a meeting at the Sunlight Centre on June 1<sup>st</sup>.

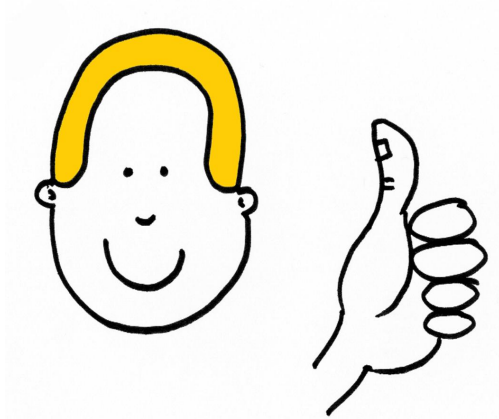
Here are the notes from the meeting.



2. These are the names of the people who came to our meeting:

Antonio Alemao  
Phil Budgen  
Andrew Collett  
Rick Dartnail  
David Ellis  
Debbie Garbutt  
Colin Guest  
George Guest  
Chris Holman  
Graham Honess  
Mark Jefford  
Vikki Newman  
Jo Poynter  
Lorraine Rogers  
Maggie Southey  
Sarah Watkins  
Margaret Watts  
Robert Wilson

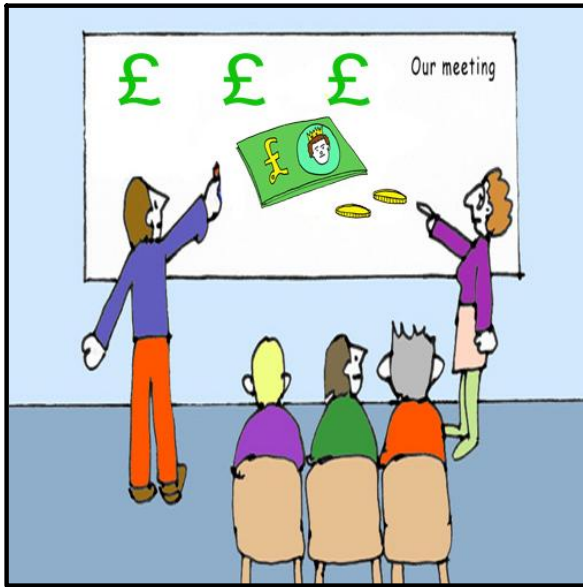
3.



The Forum's job is to support the Valuing Medway People Partnership Board in making the lives of people with a learning disability better.



The Forum will send information to the Partnership Board



The Forum will suggest how the Partnerships Board should spend Medway's £20,000,000 (twenty million pounds) budget.



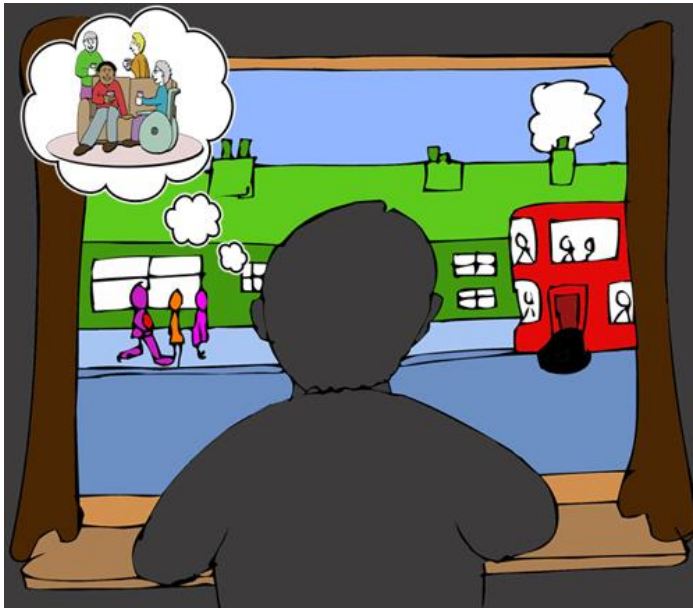
The Forum will ask questions.



The Forum chooses people who have a learning disability to be members of the Valuing Medway People Partnership Board and speak for them at meetings.



We talked about friendships.



Many people with learning disabilities are lonely



Some are bored at nights and weekends



The Partnership Board wants to help people with learning disabilities find friends and have better lives.

## Things we want to do more are:



Make friends and visit them

Go to clubs

Being at the Strood centre

Have holidays

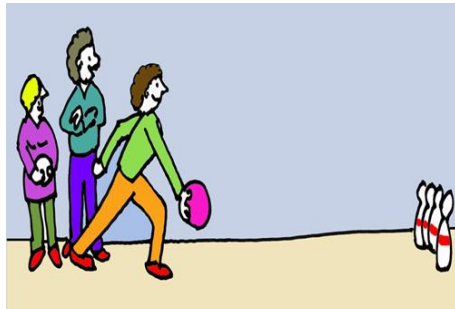
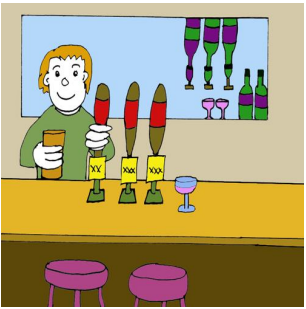
Go to pubs

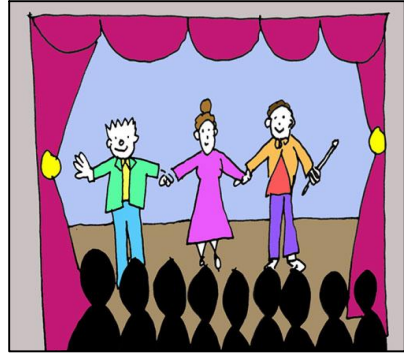
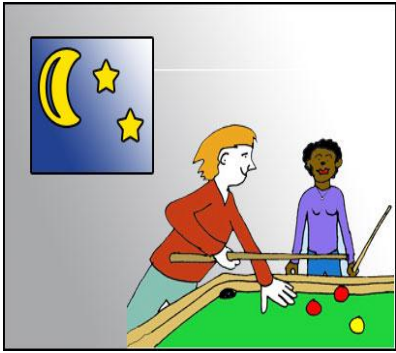
Go bowling

Go shopping

Have boy friends

Have girl friends





Go out evenings and weekends

Watch football

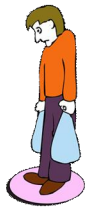
Listen to music

Go the cinema

Act in plays



# Things that stop us from having better lives are:



People telling us we can't do that

Parents saying 'no'

People doing risk assessments

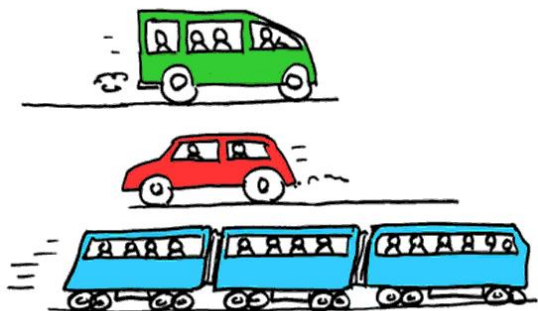
Being scared of bullies

Being scared of bullies

People staring at us

People calling us names

Being scared of the dark



Not knowing how to use buses or trains

Not being confident

Being afraid of falling over

Not enough transport

Having nobody to go with

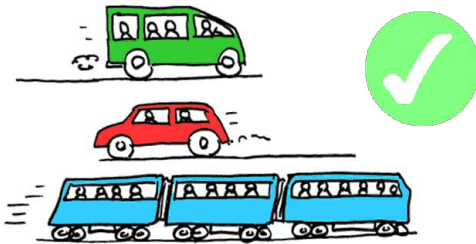
Not enough money



Things that would help us get a life are:



More chances to meet friends



Learning how to travel safely



Learning to keep safe when we are out and about